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AQUACULTURE & FISHERIES INNOVATION LAB

## RESEARCH REPORTS

Sustainable Aquaculture for a Secure Future

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**Title:** Women in Riverbed Aquaculture for Livelihoods in Foothills of Nepal

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**Abstract:** Small-scale aquaculture is one of the options for improving household family nutrition and also supplements income for rural poor. Family nutrition depends on women as they prepare, cook and provide food for the family in most of the Nepalese communities. This short communication deals about the use of foot hill riverbed for aquaculture involving women in order to improve family nutrition and supplement income of an ethnic community. 90 household ponds were constructed on both sides of river flood plain in foothills of Nepal. Womens' groups participated in monthly technical training sessions along with fish farming activities. Ponds were stocked with grass carp (*Ctenopharyngodon idella* (Valenciennes 1844)), common carp (*Cyprinus carpio* (Linnaeus 1758)) and Nile tilapia (*Oreochromis niloticus* (Linnaeus 1758)). Local river species were allowed to enter and grow in ponds. Pond dikes were used for vegetable farming, grass cultivation, and pig farming. Though pond fish farming added extra work, ethnic women were able to produce significant amounts of fish, fruits and vegetables that supported family nutrition and was also a source of income.

This abstract was excerpted from the original paper, which was in the Gender in Aquaculture and Fisheries: Engendering Security in Fisheries and Aquaculture, *Asian Fisheries Society Special Issue* (2017), 30S: 327-332.

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